

Location

123 North Center Street
Lehi, UT 84043
P 385.201.1065

Hours

Monday-Thursday
9:00 am - 1:00 pm

SPRING HAS SPRUNG...

As the weather gets warmer, the Senior Center gets busier! We'd love to have you join us this month for Classes, Outings, Events and more as we **SPRING** into fun!

Check out this newsletter for details on all our offerings. Can't wait to have you join the fun times ahead!

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

UPCOMING EVENTS

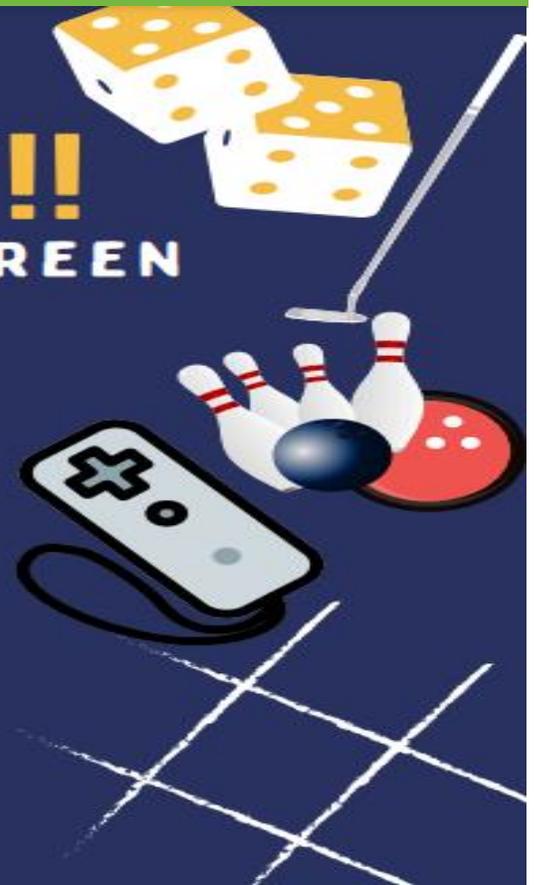
GET READY FOR

GAME DAY!!

- SMALL PUTTING GREEN
- WII BOWLING
- LEFT RIGHT CENTER
(DICE GAME)
- GIANT TIC TAC TOE
- PLUS MUCH MORE!!

April 21 • 11:00 am - 1:00 pm
Lehi Senior Center

**CALL (385) 201-1065 TO RESERVE
LUNCH AND STAY FOR GAMES!!**



Bunco Bash Online

Wednesday, April 13

12:30 pm at the Senior Center.

Join us for a great game of Bunco. Bunco is a fun and easy game to learn. It can be played in teams or as individuals.

Those coming are encouraged to bring their own set of 3 dice. Score cards (and dice, if needed) will be provided.

Prizes are available for participants. Please have a current Senior Center Membership to participate.

Monday Movie Mania!

Monday, April 18

12:30 pm at the Senior Center.

This month we will watch, "Singin' In The Rain." A spoof of the turmoil that afflicted the movie industry in the late 1920s when movies went from silent to sound. When two silent movie stars', Don Lockwood and Lina Lamont, latest movie is made into a musical a chorus girl is brought into dub Lina's speaking and singing. Don is on top of the world until Lina finds out.

A small popcorn will be provided.



WHAT'S HAPPENING AT THE CENTER

****Classes with a red asterisk require call-ahead registration***

Lunch * <i>Call by noon the day before to make a reservation</i>	Monday - Friday served at 12:00pm. All meals are dine in only. (MUST RESERVE)
Tai Chi Class	Mondays 9:30 a.m. At the Senior Center
Crochet Club	Tuesdays 10:15 a.m. At the Senior Center
* Watercolor Class	<i>Tuesday, April 19, 26 and May 3 (3 classes per session) 9:30 a.m.</i> At the Senior Center Advanced Watercolor also available. Let us know if you are interested or have questions
Winning Wednesday	Come for lunch on Wednesdays, and be entered to win a small prize or treat
BINGO	Fridays 11:30 a.m. At the Senior Center
Line Dancing	Fridays 10:00am At the Senior Center
Bunco Bash	<i>Wednesday, April 13, 12:30 p.m.</i> At the Senior Center
Monday Movie Mania "Singin' In The Rain"	<i>Monday, April 18, 12:30 p.m.</i>

UPCOMING EVENTS



April Birthday Celebration

Friday, April 29

Sponsored by Mission at Alpine Valley Care Center and Rehabilitation.

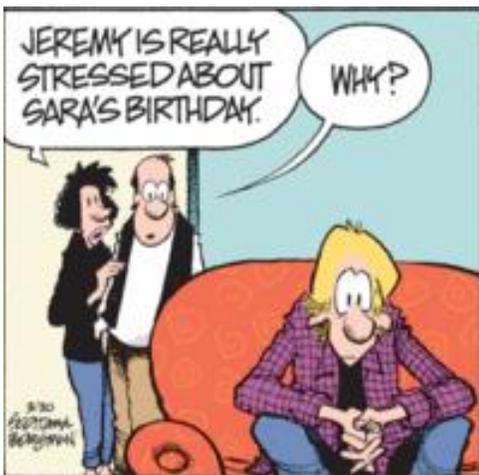


Suzanne Langlois	April 1
Jill Arb	April 3
Jan Kirkham	April 7
Lynn Carey	April 8
Paul Houghton	April 9
Carla Lott	April 11
Stan Stonekinj	April 12
Lorraine Peck	April 14
Rita Smith	April 15
Karen Kirkpatrick	April 16
Claude Maxwell	April 16
Ron Potter	April 20
Rita Nielsen	April 20
Julianna Sheldrake	April 22
Carol Houghton	April 25
Gay Smith	April 25
Marlene Henry	April 27
Nancy Robertson	April 27
Kathryn Allen	April 29
Debbie Cosello	April 30

TENTATIVELY, WE ARE HOPING TO HAVE THE UTA BUS AVAILABLE IN APRIL. CALL THE SENIOR CENTER FOR DETAILS



If we've missed your birthday, let us know so we can update our records.



ANNOUNCEMENTS

AFTER MUCH DISCUSSION AND REVIEW, MAG HAS DECIDED TO DISCONTINUE THE ENSURE & GLUCERNA PROGRAM AT ALL SENIOR CENTERS EFFECTIVE APRIL 1, 2022.

WE KNOW THAT THIS CHANGE WILL IMPACT MANY OF OUR SENIORS AND WE ARE VERY SORRY. IF WE HAVE ENSURE & GLUCERNA LEFT IN OUR INVENTORY AFTER APRIL 1, 2022, WE WILL CONTINUE TO PROVIDE THEM TO OUR ELIGIBLE SENIORS UNTIL OUR SUPPLY IS GONE.



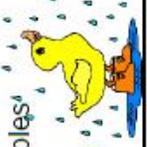
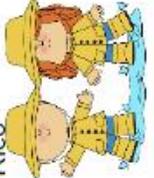
**WE ARE SORRY
FOR THIS INCONVENIENCE.**

APRIL MENU

JAN - SENIOR CENTER 385-201-1065

UNITED WAY BUS 801-374-9306

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Alternate Meals</p> <p>Apr 1 Cr of Broccoli</p> <p>Apr 4 - 8 Chef's Salad</p> <p>Apr 11 - 12 Cr of Potato</p> <p>Apr 13 - 15 Vegetable Beef</p> <p>Apr 18 - 20 Chef's Salad</p>	<p>Apr 25 - 26 Chicken Noodle</p> <p>Apr 27 - 29 Cr of Broccoli</p> 		<p>Roasted Pork</p> <p>Au Gratin Potatoes</p> <p>Carrots</p> <p>Mandarin Oranges</p> <p>Rolls</p> 	<p>1</p>	
<p>Sweet & Sour Chicken</p> <p>Steamed White Rice</p> <p>Stir Fry Vegetables</p> <p>Apple</p> <p>Fortune Cookie</p> 	<p>4</p> <p>Rigatoni w/ Sauce</p> <p>Tossed Salad w/ Dressing</p> <p>Mixed Vegetables</p> <p>Apple Sauce</p> <p>Garlic Roll</p>	<p>5</p> <p>Chicken Pot Pie w/Biscuit</p> <p>Peaches</p> <p>Brownie</p> 	<p>6</p> <p>Chicken Salad Wrap</p> <p>Macaroni Salad</p> <p>Pickle</p> <p>Apple</p>	<p>7</p> <p>Roast Turkey</p> <p>Mashed Potatoes/Gravy</p> <p>Carrots</p> <p>Mandarin Oranges</p> <p>Roll</p> 	<p>8</p>
<p>Salisbury Steak</p> <p>Mashed Potatoes/Gravy</p> <p>Mixed Vegetables</p> <p>Pears</p> <p>Roll</p>	<p>11</p> <p>Creamed Chicken / Rice</p> <p>California Blend Vegetables</p> <p>Pineapple Tidbits</p> <p>Roll</p> 	<p>12</p> <p>Vegetable Beef Soup</p> <p>Tossed Salad w/Dressing</p> <p>Corn Bread</p> <p>Peaches</p> <p>Jackie's Cake</p> 	<p>13</p> <p>Malibu Chicken</p> <p>Au Gratin Potatoes</p> <p>Broccoli</p> <p>Apple</p> <p>Roll</p> 	<p>14</p> <p>Honey Baked Ham</p> <p>Scalloped Potatoes</p> <p>Beets</p> <p>Tropical Fruit</p> <p>Corn Bread</p>	<p>15</p>
<p>Fish Fillet w/Tartar Sauce</p> <p>Potato Wedges</p> <p>Orange</p> <p>Roll</p> 	<p>18</p> <p>BBQ Pulled Pork</p> <p>Au Gratin Potatoes</p> <p>Corn</p> <p>Apple</p> <p>Roll</p>	<p>19</p> <p>Chicken Salad Wrap</p> <p>Italian Pasta Salad</p> <p>Pickle</p> <p>Pears</p> 	<p>20</p> <p>Shepherd's Pie</p> <p>Peas</p> <p>Cottage Cheese w/ Fruit</p> <p>Roll</p> <p>Brownie</p>	<p>21</p> <p>Garlic Roast Beef</p> <p>Roasted Baby Potatoes</p> <p>Peas / Roll</p> <p>Peaches</p> <p>BIRTHDAY CELEBRATION</p> 	<p>22</p>
<p>Country Fried Steak</p> <p>Mashed Potatoes/Gravy</p> <p>Mixed Vegetables</p> <p>Pears</p> <p>Roll</p>	<p>25</p> <p>Swedish Meatballs</p> <p>Steamed Rice</p> <p>Carrots</p> <p>Fruit Cocktail</p> <p>Roll</p> 	<p>26</p> <p>Santa Fe Shredded Turkey</p> <p>on Brown Rice</p> <p>Black Beans</p> <p>Corn</p> <p>Orange</p> <p>Roll</p> 	<p>27</p> <p>Pasta Bake w/Meat Sauce</p> <p>Tossed Salad w/Dressing</p> <p>Green Beans</p> <p>Garlic Roll</p> <p>Fruit Crisp</p> 	<p>28</p> <p>Meatloaf</p> <p>Mashed Potatoes / Gravy</p> <p>Corn</p> <p>Apple</p> <p>Roll</p>	<p>29</p>

ACTIVITIES CALENDAR

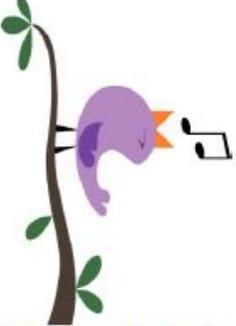
TO REGISTER FOR
ACTIVITIES CALL LACEY:
385-201-2349



ACTIVITIES CALENDAR APRIL 2022



Calling all the Picasso's out there to enter our coloring contest. Four chances to win a \$10 gift card. Pick up coloring sheet at the Senior center. Bring it back all colored and ready to be judged. GOOD LUCK!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Adv. Watercolor 9:30am</p> <p>Tai Chi - 9:30am</p> 	<p>5</p> <p>Watercolor 9:30am</p> <p>10:15 Crochet Club- 10:15am</p>	<p>6</p> <p>Winning Wednesday</p> 	<p>7</p> 	<p>1</p> <p>Line Dance 10:00am</p> <p>Bingo 11:30am</p> <p>Blood Pressure Clinic 11am</p> <p>Sponsored by Dignity Health</p> <p>Timpanogos Ringers 12:15pm</p>
<p>11</p> <p>Tai Chi - 9:30am</p> <p>Adv. Watercolor 9:30am</p>	<p>12</p> <p>Watercolor 9:30am</p> <p>10:15 Crochet Club- 10:15am</p>	<p>13</p> <p>Winning Wednesday</p> <p>BUNCO BASH- 12:30pm</p> 	<p>14</p> <p>hello SPRING</p> 	<p>8</p> <p>Line Dance 10:00am</p> <p>Bingo 11:30am</p> <p>BINGO</p> 
<p>18</p> <p>Tai Chi - 9:30am</p> <p>Adv. Watercolor 9:30am</p> <p>12:30 Monday Movie Mania "Singin' In The Rain"</p>	<p>19</p> <p>Watercolor 9:30am</p> <p>10:15 Crochet Club- 10:15am</p> <p>Tech Tuesday 12:30pm</p>	<p>20</p> <p>Winning Wednesday</p>	<p>21</p> <p>GAME DAY</p> <p>11:00am - 1:00pm</p> 	<p>15</p> <p>Line Dance 10:00am</p> <p>Bingo 11:30am</p>
<p>25</p> <p>Tai Chi - 9:30am</p> <p>Adv. Watercolor 9:30am</p>	<p>26</p> <p>Watercolor 9:30am</p> <p>10:15 Crochet Club- 10:15am</p> 	<p>27</p> <p>Winning Wednesday</p> 	<p>28</p> 	<p>22</p> <p>Line Dance 10:00am</p> <p>Bingo 11:30am</p> 
<p>29</p> <p>Line Dance 10:00am</p> <p>Bingo 11:30am</p> <p>Birthday Celebration</p> 				

GARDENING TIPS—FROM USU EXTENSION



Home Gardening: Quick Tips to Efficient Watering

Jordan Burningham & Roslynn Brain
Department of Environment & Society



Rain Barrel

Save Time and Money with Water Conservation

In Utah's dry climate, water is a gardener's best friend. Water conservation is an important aspect of the home garden and understanding efficient water management techniques can save you time and money. Knowing how to water properly will help you to maintain a more productive, sustainable garden and help the environment by reducing your consumption of this precious resource.

- Watering at night when evaporation rates are lowest gives plants a chance to take in the water that has been applied to the soil. This will also allow you to water less, as more water is being used by the plants.
- Microclimates in your garden can lend a helping hand in water conservation. Although most fruit and vegetable plants require full sun, many plants such as spinach, kale, mint, chives, and parsley are shade tolerant. Planting shade tolerant plants in areas of shade and low wind will help reduce the amount of water you use. Get to know these areas, as they will change over time and can become useful as you plan a garden every year.
- Another great tool you could use, depending on where you live, is a rain catchment system or rain barrel. By catching and storing rainwater, you can reduce the amount of water is used from your area's water supply. This process can help you use rainwater that was wasted on open soil and save it for dry days instead of tapping into your local irrigation system.

Did you know?

According to the 2010 Utah Division of Water Resources report, Utah's per-capita water use is among the highest in the nation despite being the second driest state, with approximately 18 gallons of water being used on 1 square foot of landscape.

Implementing efficient watering strategies can help reverse this trend.

Also, did you know that in 2010, rain catchment in the state of Utah was legalized through Senate Bill 32? Now, with revisions to the bill in 2013 (renamed Bill 36), Utah allows annual household rainwater collection via one 2,500 gallon container or more than one container with an aggregate capacity of no more than 2,500 gallons.³ This harvesting limit could provide free water for a large percentage of the growing season. For more details on rain-water catchment in Utah, visit the Utah Division of Water Rights.

Tips to Prevent Dehydration

- Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.
- Studies have shown that elderly adults who drink 5 glasses of water experience lower rates of fatal coronary heart disease.
- Avoid coffee & alcohol, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or exacerbate dehydration.
- Drink water or low-fat milk with every meal, and keep favorite drinks nearby.
- Recognize the early warning signs of dehydration. Warning signs include fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.
- Foods high in water, like fresh fruits, vegetables and some dairy products, can help you meet daily hydration needs.

Did you know.....

- the revolving door was invented in 1888
- Sir Isaac Newton was 23 when he discovered the law of gravity
 - The drinking straw was invented in 1886
- Scissors were most likely invented ancient Egypt
- all of the cobble stones used to line the streets in New York were originally stones found in the hulls of Belgian ships ballast
- Diet Coke was introduced in 1982
 - Shakespeare invented the words 'assassination' and 'bump'



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

L	E	J	E	X	T	I	N	C	T	I	O	N	Q	E	M	R
N	N	N	L	M	S	C	L	G	N	H	D	M	E	C	S	I
O	U	C	O	A	E	N	I	N	E	Q	E	E	F	U	A	A
I	T	Y	A	Z	R	J	T	O	M	W	Z	Z	I	D	E	C
T	H	V	R	M	O	R	T	I	N	A	Z	W	L	E	L	V
U	W	P	E	L	F	L	E	T	O	T	B	Y	D	R	C	S
L	C	E	X	G	K	S	R	A	R	E	K	G	L	R	Y	M
L	O	O	K	Z	S	H	A	V	I	R	P	R	I	E	C	O
O	M	P	Z	B	S	A	B	R	V	N	L	E	W	S	E	G
P	P	L	F	A	W	G	K	E	N	R	A	N	L	O	R	E
N	O	E	R	M	L	Z	E	S	E	R	N	E	M	U	Q	A
A	S	T	I	O	H	S	X	N	E	F	E	J	L	R	S	P
E	T	W	B	I	U	E	L	O	R	J	T	L	P	C	E	R
C	D	A	A	E	U	G	T	C	U	Y	O	A	W	E	E	I
O	L	S	R	S	V	S	K	L	T	R	N	X	U	S	R	L
V	D	Y	L	O	T	V	F	L	A	D	Z	G	N	H	T	K
C	L	I	M	A	T	E	L	A	N	D	H	Q	G	Q	H	G

AIR
APRIL
CLEAN
CLIMATE
COMPOST
CONSERVATION
ENERGY

ENVIRONMENT
EXTINCTION
FOREST
GLOBAL
LAND
LITTER
NATURE

OCEAN
OZONE
PEOPLE
PLANET
POLLUTION
RECYCLE
REDUCE

RESOURCES
REUSE
SMOG
TRASH
TREES
WASTE
WATER
WILDLIFE

ANNOUNCEMENTS

REMINDER:



As of March 31st we are no longer serving to-go meals.



Please come and enjoy our inside dining program. It is a wonderful time to meet other seniors, re-new friendships & enjoy each other's company.

Just a reminder for everyone, please call the day before to order a meal. We look forward to seeing you and getting to know you better.